



WIC is an equal opportunity provider.

Rhode Island Department of Health  
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**Rhode Island Department of Health**  
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OCTOBER 2009

# Non-Whole Grain Cereals

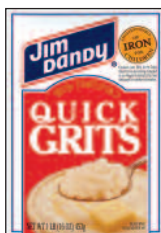
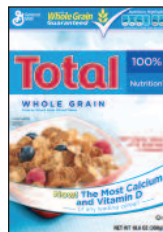
CREAMY WHEAT HOT CEREAL	CRISPY RICE	CORN FLAKES
Best Yet	Best Yet	Best Yet
Krasdale	Great Value	Great Value
Malt-O-Meal	IGA	IGA
	Krasdale	Krasdale
	Malt-O-Meal	Ralston
	Ralston	Shaw's
	Shaw's	Shurfine
	Shurfine	Stop & Shop
	Stop & Shop	



WIC also accepts the specific cereals shown on these two pages.

# Whole Grain Cereals

BRAN FLAKES	FROSTED SHREDDED WHEAT	TOASTED OATS
Best Yet	Best Yet	Best Yet
Great Value	IGA	Great Value
IGA	Malt-O-Meal (Frosted Mini Spooners)	IGA
	Ralston	Krasdale
	Shaw's	Ralston (Toastee Os)
	Shurfine	Shaw's
	Stop & Shop	Shurfine
		Stop & Shop



## Cereal Size Guide

12 oz Box or Larger

Not Allowed: Individual Servings, Organic, Gourmet, Imported

Cereal		Cereal		Cereal		Cereal	
18 oz	+	18 oz	=	36 oz	20 oz	+	16 oz = 36 oz

Cereal		Cereal		Cereal		Cereal		Cereal	
24 oz	+	12 oz	=	36 oz	12 oz	+	12 oz	+	12 oz = 36 oz



# Whole Grains

## SLICED LOAVES



Arnold Stone Ground  
100% Whole Wheat  
(16 oz)



100% Wheat with Flax  
(Gold Medal Bakery)  
(16 oz)



Pepperidge Farm  
Stone Ground 100%  
Whole Wheat (16 oz)



Shaw's  
100% Whole Wheat  
(16 oz)



Stop & Shop  
100% Whole Wheat  
(no salt added) (16 oz)



Weight Watcher's  
Multi-grain (16 oz)



Weight Watcher's  
100% Whole Wheat  
(16 oz)



Wonder Soft  
100% Whole Wheat  
(16 oz)

**Not Allowed: Organic, Gourmet, Imported**

## BUNS & ROLLS



Arnold Select  
Multi-grain  
Kaiser Rolls  
(16 oz)



Kasanof's  
100% Whole  
Wheat Bulkie  
Rolls (16 oz)



Nature's Promise  
Natural Wheat  
Sub Rolls (16 oz)



Weight Watcher's  
Wheat Sandwich  
Rolls (16 oz)

**Not Allowed: Organic, Gourmet, Imported**

## TORTILLAS & WRAPS



Don Pancho  
Corn Tortillas  
(White or Yellow)  
(16 oz)



Don Pancho  
Whole Wheat  
Tortillas  
(16 oz)



Tam-x-ico's  
100% Stone  
Ground Whole  
Wheat Tortillas  
(12 oz)



Wrap-itz  
100% Stone  
Ground Whole  
Wheat Wraps  
(12 oz)

**Not Allowed: Organic, Gourmet, Imported**

## LONG GRAIN BROWN RICE

Any Brand, Box or Bag, 14–16 oz

**Not Allowed:  
Instant, Organic,  
Gourmet, Imported**



# Juice

## ORANGE, GRAPEFRUIT, OR PINEAPPLE JUICE

100% Juice, Any Brand, Frozen Concentrate, 11.5–12 oz



## GRAPE JUICE

100% Juice, Frozen Concentrate, 11.5–12 oz



Old Orchard Grape



Old Orchard  
White Grape



Shaw's Grape



Stop & Shop Grape



Welch's Grape



Welch's White  
Grape

## APPLE JUICE

100% Juice, Frozen Concentrate, 11.5–12 oz



IGA



Old Orchard



Seneca



Shaw's



Stop & Shop

## ANY FLAVOR

100% Juice, Liquid Concentrate, 11.5–12 oz

Juicy  
Juice



Welch's

## FOR CHILDREN

100% Juice, Shelf-stable Bottle, 64 oz

Juicy Juice,  
Any Flavor



Old Orchard,  
Any Flavor

**Not Allowed: Fruit Drink, Organic, Gourmet, Imported,  
Added Fiber, Added Calcium (unless specified), Refrigerated Cartons**

# Dairy

## MILK

Children under 2: Whole Milk  
Adults and Children, 2 and Older: 1% Low Fat or Fat Free Milk

Store Brand or Least Expensive

Only if listed on WIC check: Half Gallon, Quart, Non-fat Powdered, Non-fat Evaporated, or Lactose Free



**Not Allowed:** Flavored, High Calcium, Organic, Gourmet, Imported

## SOY MILK

Only if listed on WIC check

**Not Allowed:** Other Flavorings, Gourmet, Imported



Pacific Natural Foods:  
Ultra Soy Plain



Pacific Natural Foods:  
Ultra Soy Vanilla

## CHEESE



Deli: American Cheese ONLY, Store Brand or Least Expensive

Pre-packaged Sliced, Shredded, Block: Any Brand, 12–16 oz Packages  
American, Cheddar, Colby, Monterey Jack, Mozzarella, Muenster, Provolone

**Not Allowed:** Individually Wrapped Slices, Blends, Organic, Gourmet, Imported

## EGGS

Store Brand or Least Expensive, Brown or White, Grade A Large



**Not Allowed:** Half Dozens, Organic, Gourmet, Imported

# Protein

## DRIED BEANS, PEAS, OR LENTILS

Any Brand, 1 lb Bag



**Not Allowed:** Flavorings, Mixed Beans, Organic, Gourmet, Imported

## CANNED BEANS

Any Brand, 14–16 oz Can

**Not Allowed:** Green Beans, Wax Beans, Green Peas (EXCEPT Pigeon Peas), Baked Beans, Refried Beans, Flavorings, Mixed Beans, Organic, Gourmet, Imported

(Canned Green Beans, Wax Beans, or Green Peas can be bought with Fruit and Vegetable Checks)



## PEANUT BUTTER

Any Brand  
Smooth, Chunky, or Extra Chunky  
16–18 oz

**Not Allowed:** Single Servings, Added Honey, Jelly, or Other Flavorings, Reduced Salt, Low Fat, Natural, Organic, Gourmet, Imported



## FISH (FOR FULLY BREASTFEEDING WOMEN)

Least Expensive



5 oz



6 oz



3.75 oz

**Not Allowed:** Pouches, Added Flavorings, Blueback or Red Salmon, Organic, Gourmet, Imported

## TOFU

Only if listed on WIC check



Azumaya  
Lite Silken  
Tofu



Azumaya  
Silken Tofu



Nasoya  
Lite Silken  
Tofu



Nasoya  
Silken Tofu



Soy Boy  
Organic  
Firm Tofu

**Not Allowed:** Gourmet, Imported



# Fruits and Vegetables

## FRESH FRUITS AND VEGETABLES

Any Brand



**Potatoes: Sweet Potatoes and Yams ONLY**

**Not Allowed: Salad Bar, Party Trays, Herbs or Spices, Dried Fruit**

## FROZEN FRUITS AND VEGETABLES

Any Brand



**Not Allowed: Added Cheese or Butter, Potatoes or Potato Products, Mixes, Blends, or Medleys, Added Flavorings or Seasonings**

## CANNED FRUITS AND VEGETABLES

Any Brand



**Beans: Canned Green Beans, Wax Beans, or Green Peas ONLY**  
(For other beans, see Protein section)

**Not Allowed: Light or Heavy Syrup, Pie Filling, Cranberry Sauce, Soups, Relishes, Olives, Pickles, Mixes, Glass Jars, Added Flavorings**

## GUIDE TO USING THE FRUIT & VEGETABLE CHECK

The Fruit & Vegetable check is different from the other WIC checks. Each check has a dollar value.

WIC shoppers can use their check(s) to buy any combination of fresh, frozen, or canned fruits and vegetables.

For fresh fruits and vegetables priced by the pound:  
Price per pound x weight = final price  
Example: Granny Smith Apples  
 $\$1.59 \times 1/2 \text{ pound} = \$0.80$

WIC shoppers can combine multiple checks to pay for one purchase.

WIC shoppers can pay the difference if they go over the amount of their check(s).

WIC shoppers cannot get cash back if they don't spend the full amount of their check(s).

WIC shoppers can use Fruit & Vegetable checks at Farmers' Markets (but cannot use Farmers' Market checks at grocery stores).

# Infant Formula, Cereal, Food


As Listed on WIC Check



# Correcting a Pricing Error

- WIC checks with corrections and/or alterations that do not follow this procedure will not be paid by the bank.

For more detailed information, ask the manager or refer to the WIC Manager's Guide.

<b>Rhode Island Department of Health</b> <b>WIC Program</b> 		<b>00167696</b> <b>WIC - CLIENT</b> <b>001/001</b> <b>21548305</b>	
<b>Pay To The Order of</b> The Authorized Rhode Island WIC Vendor Shaded Below: FOR THESE ITEMS, SIZES, QUANTITIES ONLY		Payable Through WIC Federal Land, NH 600007	
<b>QTY Description (No Substitutions Allowed)</b>		<b>Name of Participant</b> WIC USE ONLY <b>21548305</b>	
001 MILK GALLON 006 OUNCES OR LESS WIC APPROVED CEREAL 001 EGGS DOZEN LARGE 002 JUICE 46-OZ CONTAINERS OR 12-OZ CONCENTRATE XXXX END OF ORDER XXXX		FIRST DAY TO USE <b>JUN 4, 2009</b>	
PRINTED NAME, SIZES, QUANTITIES ONLY 000007		DATE USED <b>JUL 3, 2009</b>	
④		W.S. FROM LAST REPORT WITHIN 30 DAYS OF LAST DAY TO USE	
③		LAST DAY TO USE <b>JUL 3, 2009</b>	
① ②		APPROVED INSTRUCTIONS <b>15 23</b>	
④		WIC Shopper	